

Full Name _____ Age/ Sex _____ M / F _____ Record # _____

USER GUIDE FOR SPECIALISTS: FOR CUSTOMIZED OR COMBINATION THERAPY

PROGRAM : STRESS

BELLABEE SET-UP INSTRUCTIONS:

1. Download the Bellabee apps from Google Play or the Apple store.
2. Connect the Bellabee headband to your mobile device earphone jack.
3. Turn the mobile device volume setting to maximum.
4. Put the Bellabee band around your head as instructed.
5. Run the desired app program on the mobile device.

GUIDELINES FOR BELLABEE USE:

Bellabee can be used for stand-alone therapy (using pre-set and customized programs) or in combination with Neurofeedback, Psychotherapy, Pharmacotherapy, and other therapeutic modalities. The client can use the device at home between office sessions to improve retention. The “Custom Therapy” option lets you customize frequency and duration so you can create programs tailored toward your client’s needs. This arrangement could potentially reduce the number of therapy sessions, lessen the need for pharmacological agents, decrease the response period and subsequently reduce costs for clients and specialists.

RELATED INFORMATION:

- Over 70% of people experience physical or psychological symptoms of stress.
- 33% of people feel they are living with extreme stress.
- There has been a considerable increase in stress disorders over the last few years.
- The World Health Organization says stress has become a ‘Worldwide Epidemic’.
- Types of stress:
 - Acute: acute stress is the most common form of stress. It comes from recent demands and pressures and anticipated demands and pressures in the near future.
 - Acute Episodic: people who suffer acute stress frequently, whose lives are so disordered that they are in constant chaos and crisis. They seem perpetually in the clutches of acute stress.
 - Chronic: this is the grinding stress that wears people away day after day, year after year. Chronic stress destroys bodies, minds and lives. It wreaks havoc through long-term excessive wear and tear.

[Relevant Information](#)

[Bellabee Information](#)

[Neurofeedback and Bellabee](#)

[Scientific Research](#)

[FAQs](#)

Brainwaves	Delta	Theta	Lo-Alpha	Hi-Alpha	(SMR)	Lo-Beta	Hi-Beta	Gamma
Normal Range	0.5-4 Hz	4-8 Hz	8-10 Hz	10-13 Hz	(13-15 Hz)	13-20 Hz	20-30 Hz	30 Hz & above

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DATA INPUT

STRESS

Reason for Use		
Baseline symptom rating	1 2 3 4 5 6 7 8 9 10	(1 = mild; 10 = severe)
Initial response seen	after _____ sessions	
Improvement/end result	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%	
Before QEEG (Findings)		
After QEEG (Findings)		
CUSTOM SETTINGS	Neurofeedback/ Psychotherapy/ Pharmacotherapy/ Other Therapies	
User Guide for Specialists: For Customized or Combination Therapy	Start with appropriate custom settings given below and adjust according to the brainwave analysis and individual response.	
<u>Deviation</u> : Increased BETA	13 Hz (5 min), 12 Hz (5 min), 11 Hz (50 min).	
[ref: typical neurofeedback plan]	1) Train 7-9 Hz up at O2 or 11-13Hz up at T6.	
<u>Deviation</u> : Increased THETA + DELTA	8 Hz (5 min), 9 Hz (5 min), 10 Hz (50 min).	
[ref: typical neurofeedback plan]	1) Inhibit 3-7Hz Theta, Reward 8-10Hz Low-Alpha, Inhibit 22-30Hz Hi-beta at C4 or Cz; 2) Zscore training at P3 P4 Cz Fz 3. ISF at T3-T4 or T4-P4.	
Note:	Keep the client's age and response in mind and make frequency adjustments accordingly.	
RECOMMENDED GUIDELINES	Average	(Range)
Duration of each session	60 min	(40-80 min)
Sessions per week	6	(2-14)
Initial response after	20-30 sessions	(2-60)
Total sessions required	30-50	(20-Unlimited)

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RECORD SHEET

Session No.	Date mm/dd/yy	Week No.	Duration Min.	Symptom Decrease	Progress %	Remarks

(Print more sheets to cover additional sessions)

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